



Chicken & Wild Oats Soup

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6

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When the weather gets cooler, you know it's soup season! And the Chicken & Wild Oats Soup is a savory, hearty treat for the whole family. The secret is our Quaker Steel Cut Oatmeal – it turns simple chicken breasts and veggies into a soup to remember. Make extra and you've got an easy, next-day lunch.

Ingredients

- 1 Cup [Quaker® Steel Cut Oats - Traditional](#)
- 1 Teaspoon Olive Oil
- 1 Yellow Onion, Chopped
- 3 Carrots, Peeled & Diced
- 2 Stalks Celery, Cut Into 1/2" Pieces
- 2 Garlic Cloves, Minced
- 2 Chicken Breasts, Raw
- 1/8 Tsp Black Pepper
- 7 Cups Reduced Sodium Chicken Broth
- 1/4 Cup Parsley, Chopped
- 2 Bay Leaves

Cooking Instructions

1. Heat oil in a large heavy pot or dutch oven over medium-high heat. Add onions, carrots, and celery and cook for 3-4 minutes, stirring, until onions are translucent and golden. Add garlic and cook for 1 minute. Add chicken, season with pepper and cook for about 5-7 minutes until slightly golden.
2. Add broth, parsley, bay leaves, and oats and bring to a boil. Reduce heat to low and cover. Simmer for 25 minutes, until the chicken, oats, and vegetables are tender.
3. Remove bay leaves. Remove the chicken to a cutting board. Shred it with 2 forks and return chicken to the pot.

4. Serve & enjoy!